



THE FAMILY THERAPY CENTRE INVITES YOU TO

Times of Refreshing

An opportunity for you to be refreshed, be listened to and prayed for in God's presence

No hype just time out for you to be still.

Come and join us and invite a friend

Tuesday 29th July 6.30pm-8pm - Mindfulness & Meditation

Tues 5th Aug 6.30pm -8pm -Overcoming anxiety and fears

Tues 12th Aug 6.30pm-8pm Dealing with Conflict

Tues 19th Aug 6.30pm-8pm Relaxation techniques

Location & Contact Details
Yahweh Christian Fellowship
52 Fairlight Road
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Yahweh Christian Fellowship
BUILDING FAMILIES - RAISING LEADERS

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